## ABSTRACT OF THE DISCLOSURE

An induction heatable body (22) that quickly heats to a desired temperature, retains heat long enough to be used in almost any application, and develops no "hot spots" even when heated by a heating source having an uneven magnetic field distribution. The induction-heatable body (22) achieves the foregoing while remaining relatively lightweight, inexpensive and easy to manufacture. The induction-heatable body (22) includes a plurality of induction-heatable layers (32a, b, c) each sandwiched between alternating layers of heat retentive material (34a, b, c). The induction-heatable layers (32a, b, c) consist of sheets of graphite material that can be inductively heated at magnetic field frequencies between 20 and 50 kHz. The heat-retentive layers (34a, b, c) consist of solid-to-solid phase change material such as radiation cross-linked polyethylene. A food delivery assembly (100) uniquely adapted and configured for maintaining the temperature of sandwiches, french fries, and other related food items is also disclosed. The food delivery assembly (100) includes a magnetic induction heater (110), a food container (112), and a delivery bag (114) for carrying and insulating the food container (112).

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